

# VT MUNCH TIMES

## Coming to a Tray near You!

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*VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!*

### **Munch on this:**

VT Child Nutrition Programs aims to be a resource supporting the improvement of nutrition environments. And so, Munch Times is undergoing a transformation for the new school year as it strives to be the best resource it can be.

*We want to ask the experts- that's YOU!*

Tell us your success story, and in each upcoming newsletter we will feature a different story.

For instance, tell us:

- How you increased participation.
- How you started a breakfast program.
- How you got kids to want to eat vegetables.
- How you started a nutrition education program.
- How you revitalized the school garden.
- Or whatever successes have improved your food service program!

Send stories via email to [Dani.Bois@state.vt.us](mailto:Dani.Bois@state.vt.us)

### **Policy Update: Breakfast Changes!**

The new Breakfast Meal Pattern requirements are now in effect. A great training power point presentation and other resources are available online at: <http://www.schoolmealsvt.com/school-meals-matter/school-breakfast-success>

Some of the major changes this year are:

- Average Daily Calorie ranges for the different age/grade groups
- Saturated Fat limits
- No Meat/Meat Alternate requirement
- Weekly Grain requirements
- Whole Grain Rich Requirement

View the [Power Point](#) for all the details!

### **Nutrition news: To-mAY-to, To-mAH-to**

There's nothing like a nice, ripe, juicy tomato in the summer! And eating them with a healthy fat, like olive oil or an avocado, increases the healthy goodness it can provide. When fat is present, lycopene, an antioxidant found primarily in the tomato's skin, is better absorbed into the body, meaning there's more lycopene in the body to fight inflammation and oxidation, which helps to keep the body healthy.

### **Resources:**

**Follow us on Twitter:** [https://twitter.com/VTED\\_Nutrition](https://twitter.com/VTED_Nutrition)

### **Healthy lunches from coast to coast**

National School Lunch Week (NSLW) 2013 will be held October 14-18, and everyone -- from those overlooking purple mountain majesties to the folks near our country's fruited plains -- is getting an early start on planning. This year's theme, "School Lunch Across the USA," will celebrate the regional cuisine, culture and flavors found in every corner of the country. Check out the online toolkit at [www.schoolnutrition.org/nslw](http://www.schoolnutrition.org/nslw) for helpful templates, tools, artwork and presentations.

### **Food Day Webinar: Food Day in Schools: How to Get Involved**

*September 4, 2013, 4:00 PM - 5:00 PM EDT. ([Register Here](#))*

This webinar will give you the tools to find out how your school can participate in Food Day and use the momentum to achieve your health and wellness goals. During the webinar you will learn about some of the available resources: Nourish: Food + Community curriculum, Food Day's school curriculum created by the Columbia Teachers College, and technical tools for the implementation of the new nutrition standards for competitive foods in schools. Join the webinar to learn how Food Day can help your school advance towards the pillars established by the U.S. Department of Education Green Ribbon Schools recognition award.

### **Whole Kids Foundation Accepting Applications for School Garden Grant Program**

Grants of \$2,000 are available to public and private K-12 schools in the United States, the United Kingdom, and Canada to help fund school garden projects....

[http://foundationcenter.org/pnd/rfp/rfp\\_item.jhtml?id=431200051](http://foundationcenter.org/pnd/rfp/rfp_item.jhtml?id=431200051)

Deadline: October 31, 2013

Posted: July 26, 2013

### **Want to have your school to be recognized for national excellence?!**

More than 10 Vermont schools have applied for the HealthierUS School Challenge this year! This award is given to less than 6% of the nation's schools and you deserve to be one of them, check out the new section of our website to find out how <http://education.vermont.gov/nutrition/hussc>

Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

*VT Munch Times* is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Brooke Gannon, Child Nutrition Consultant, at (802) 828-5152 or [brooke.gannon@state.vt.us](mailto:brooke.gannon@state.vt.us).

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